

Monique F.



Certified Personal Trainer
Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology/Psychology from Louisiana State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 4-Time NCAA All-American
- Competed in 2004 USA Olympic Trials
- Recognized by USA Track and Field as performer of the week 4/20/04
- 2000 NCAA Indoor Long jump Runner-up
- 1999 Southeastern Conference indoor/outdoor Long jump Champion



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24hourfitness.com/personaltraining